

CLAIMSWHAT IS CLAIMED IS:

1. A method of modulating a level of IL-10 in a subject, the method comprising:
 - a) selecting a subject in need of a modulated IL-10 level; and,
 - 5 b) administering an amount of DHEA to the subject, wherein the amount is effective to modulate the level of IL-10 in the subject.
2. The method of claim 1, the method further comprising:
 - c) measuring the level of IL-10 in the subject.
3. A method of modulating a level of IL-10 in a subject, the method comprising:
 - 10 a) administering an amount of DHEA to the subject, wherein the amount is effective to modulate the level of IL-10 in the subject; and,
 - b) measuring the level of IL-10 in the subject.
4. The method of claim 1, 2, or 3, wherein the modulating comprises decreasing the level of IL-10.
- 15 5. The method of claim 4, wherein the level of IL-10 is an elevated level of IL-10.
6. The method of claim 4, wherein the level of IL-10 is a normal level of IL-10.
7. The method of claim 1, 2, or 3, wherein the modulating comprises stabilizing the level of IL-10, wherein the level of IL-10 is an increasing level.
8. The method of claim 1, 2, or 3, wherein the modulating comprises decreasing the rate of increase in the level of IL-10, wherein the level of IL-10 is an increasing level.
- 20 9. The method of claim 1, 2, or 3, wherein the level of IL-10 comprises a level of IL-10 in a biological sample of the subject.
10. The method of claim 9, wherein the biological sample comprises a biological fluid.
11. The method of claim 10, wherein the biological fluid comprises one or more of:
 - 25 peripheral blood, serum, plasma, urine, vaginal fluid, semen, saliva, peritoneal fluid, lymphatic fluid, aqueous or vitreous humor, tears, pulmonary effusion or serosal fluid.
12. The method of claim 9, wherein the biological sample comprises a biological tissue.

13. The method of claim 1, 2, or 3, wherein the level of IL-10 comprises a ratio of IL-10 secreting cells to IFN- γ secreting cells in the subject's serum, plasma, or peripheral blood.
14. The method of claim 1, 2, or 3, wherein the subject comprises a human subject.
15. The method of claim 1, 2, or 3, wherein the subject comprises a nonhuman primate.
- 5 16. The method of claim 1, 2, or 3, wherein the subject has a medical condition, comprising an increased level of IL-10.
17. The method of claim 16, wherein the condition is systemic lupus erythematosus.
18. The method of claim 16, wherein the condition is rheumatoid arthritis, multiple myeloma, lymphoid malignancy, B-cell lymphoma, Sjögren's syndrome, scleroderma,
10 allergic diseases, HIV/AIDS or plasma cell dyscrasia.
19. The method of claim 1, 2, or 3, wherein the subject has a medical condition, which condition can be ameliorated by decreasing the level of IL-10.
20. The method of claim 1, 2, or 3, wherein the administering comprises oral, intracerebral, intrathecal, intraperitoneal, intramuscular, intravenous, subcutaneous,
15 transdermal, mucosal or ocular administration.
21. The method of claim 20, wherein the administration comprises administering from about 25 mg/day to about 300 mg/day.
22. The method of claim 21, wherein the administration comprises administering from about 100 mg/day to about 250 mg/day.
- 20 23. The method of claim 22, wherein the oral administration comprises administering from about 150 mg/day to about 200 mg/day.
24. The method of claim 23, wherein the administration comprises administering about 200 mg/day.
25. The method of claim 20, wherein transdermal administration comprises
25 administration via skin-patch, cream, or topical ointment.
26. The method of claim 1, 2, or 3, wherein administering comprises administration of DHEA and one or more of: a glucocorticoid, a monoclonal antibody specific for IL-10 or a fragment of IL-10, an immunosuppressant, an anti-malarial drug, an alkylating agent, or a chemotherapeutic agent.

27. The method of claim 2 or 3, wherein measuring the level of IL-10 in the subject comprises measuring a basal level of IL-10 in the subject prior to administering the amount of DHEA.

28. The method of claim 27, wherein measuring the level of IL-10 in the subject additionally comprises measuring a level of IL-10 in the subject after administering the amount of DHEA.

29. A method of prophylactically or therapeutically treating one or more medical conditions in a subject, the method comprising modulating a level of IL-10 by:

- a) administering a first amount of DHEA to the subject;
- b) measuring the level of IL-10 in the subject; and,
- c) administering at least a second amount of DHEA to the subject, wherein the second amount is determined based upon the level of IL-10 measured in step (b).

30. The method of claim 29, wherein the medical condition is SLE, rheumatoid arthritis, multiple myeloma, lymphoid malignancy, B-cell lymphoma, Sjögren's syndrome, scleroderma, allergic diseases, HIV/AIDS or plasma cell dyscrasia.